



CHEESE, PASTEURIZED, PROCESS AMERICAN

Date: April 2009

Code: B064

PRODUCT DESCRIPTION

- Pasteurized process American cheese is orange, yellow or white in color and mild in flavor. It is medium firm and melts easily. It is usually made from Colby or Cheddar cheese.

PACK/YIELD

- Pasteurized process American cheese is sliced and packed in a 2-pound package, which is about 32 servings of cheese (1 ounce each).

STORAGE

- Store unopened packages of pasteurized process American cheese in the refrigerator until ready to use.
- After opening, re-wrap cheese tightly in fresh wrap and store in the refrigerator.
- It is not recommended to freeze pasteurized process American cheese.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

USES AND TIPS

- Serve process American cheese directly from the package in sandwiches or on top of salads.
- Use process American cheese in soups, casseroles, or breads.
- Melt process American cheese on toast for an easy snack, or serve with cut-up fruit.

NUTRITION INFORMATION

- 1 ounce of pasteurized process American cheese counts as 1 cup from the MyPyramid.gov Milk, Yogurt, and Cheese Group. For a 2,000-calorie diet, the daily recommendation is about 3 cups.
- 1 ounce of pasteurized process American cheese provides 30% of the recommended daily amount of calcium and 10% of the recommended daily amount of vitamin A.

FOOD SAFETY INFORMATION

- If you see mold on the cheese, cut off at least 1 inch all around the mold spot; do not cut through the mold with your knife. Cover tightly with fresh wrap.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: 1 ounce (28g) pasteurized process American cheese

Amount Per Serving

Calories	110	Calories from Fat	80
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% Daily Value*

Total Fat 9g	14%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 25mg	9%
Sodium 180mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	%
Sugars 0g	
Protein 6g	

Vitamin A	6%	Vitamin C	0%
Calcium	8%	Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet.

POTATO CORN CHOWDER

MAKES ABOUT 6 SERVINGS

Ingredients

- ½ cup process American cheese, cut into pieces
- 1 tablespoon margarine
- 1 onion, chopped
- 1 can (about 15 ounces) potatoes, drained and chopped
- 1 can (about 15 ounces) corn, drained, or 1 can (about 15 ounces) of cream-style corn
- 1 teaspoon black pepper
- 1 can (about 12 ounces) evaporated milk
- 3 tablespoons flour
- ¾ cup water

Directions

1. In a medium-size pot over medium heat, cook the onion and potatoes until soft.
2. Add the corn, pepper, and milk and stir well.
3. In a separate bowl, mix together the flour and water (mixture will be thick).
4. Pour flour mixture into pot, stirring well. Add the cheese.
5. Cook over low heat for 20 minutes or until thick.

Nutritional Information for 1 serving (about 1 cup) of Potato Corn Chowder					
Calories	260	Cholesterol	30 mg	Sugar	4 g
Calories from Fat	90	Sodium	570 mg	Protein	9 g
Total Fat	10 g	Total Carbohydrate	37 g	Vitamin A	110 RAE
Saturated Fat	5 g	Dietary Fiber	3 g	Vitamin C	9 mg
				Calcium	227 mg
				Iron	2 mg

Recipe adapted from Commodity Supplemental Food Program Cookbook, csfpcentral.org

TUNA BAKE

MAKES ABOUT 8 SERVINGS

Ingredients

- ¾ cup processed American cheese, crumbled or cut into pieces
- 1 pound macaroni, cooked and drained
- 1 can (about 10 ounces) low-sodium cream of mushroom soup
- 1 can (about 12 ounces) evaporated milk
- 1 cup (about 15 ounces) mixed vegetables, drained
- 1 can (about 12 ounces) tuna, drained

Directions

1. Preheat oven to 350 degrees F.
2. Place all ingredients in a 9x13-inch baking dish or casserole dish and stir well.
3. Bake for 45 minutes to 1 hour or until bubbling.

Tip

This dish can be made with canned chicken or ground beef instead of tuna.

Nutritional Information for 1 serving (about 1 ½ cups) of Tuna Bake					
Calories	430	Cholesterol	40 mg	Sugar	5 g
Calories from Fat	100	Sodium	470 mg	Protein	25 g
Total Fat	12 g	Total Carbohydrate	56 g	Vitamin A	392 RAE
Saturated Fat	5 g	Dietary Fiber	4 g	Vitamin C	4 mg
				Calcium	232 mg
				Iron	3 mg

Recipe adapted from Commodity Supplemental Food Program Cookbook, csfpcentral.org